



Ventura County Area Agency on Aging's Fall Prevention Program presents



BINGOCIZE is an evidence-based health education program that incorporates exercise, nutrition, and fall prevention within the popular game of bingo. Come have fun and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize — which can be done seated or standing — is a 10-week program that is exercise for your body, mind, and spirit.

ALL CLASSES ARE FREE

VCAAA
646 County Square Drive in Ventura
Mondays & Wednesdays
April 24 through July 5
10:30 a.m. to 11:30 a.m.

For more information or to register for classes, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.
Brought to you by the Ventura County Elderly Fall Prevention Coalition

